



Mindful Living

About the sessions

The full programme consists of eight 90-minute sessions.

The main elements of the programme are:

- Familiarisation with the Mindfulness approach and the benefits of regular practice
- Foundation practices: “body awareness” and observing the breath
- Mindful movement: simple moving meditation exercises and seated meditations
- Everyday mindfulness: practices to develop mindfulness in all aspects of daily life, including moving mindfully and eating mindfully

Meditations will be of varying lengths but will rarely exceed 20-30 minutes.

You will be expected to practise at home between sessions (approx. 20-30 minutes meditation per day plus short exercises) A CD will be available for this purpose, so you will ideally need access to a CD player or MP3 player. You will also be given a section of the workbook each week.

What to expect

Please wear loose, comfortable clothes that don't restrict your breathing or movement.

If you can, please bring a cushion and a blanket to keep yourself warm and comfortable. Some practices can be done lying down.

You might want to bring a pen to write your own notes on the workbook.

There are likely to be about 10 other people on the course.

The course is intended to be informal and enjoyable. The focus is on learning by doing: We will practise the meditations together during the sessions, and you will have an opportunity to talk about your experience of doing the practices if you want to or you can just listen.

This course is offered by:

Oasis-Talk

How to book a place on this course

If you would like to attend this course please call Bristol Wellbeing Therapies on 0117 982 3209 and book an assessment appointment. We assess before booking places on a course in order to check that the course is right for you.

Please be aware that there is sometimes a few weeks wait for an assessment appointment so please leave plenty of time before the course starts.